|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Table 1. Summary Statistics Religion and Spirituality Questionnaire (SOL, NHS2, BWHS, MASALA, SHS) | | | | | | | | |
| Measures | | White | Black | South Asian | Native American | Latina | Total | SD | Range |
| Age | |  |  |  |  |  |  |  |  |
| Married | |  |  |  |  |  |  |  |  |
| Income^ | |  |  |  |  |  |  |  |  |
| <$15,000 | |  |  |  |  |  |  |  |  |
| $15,001-$30,000 | |  |  |  |  |  |  |  |  |
| $30,001-$50,000 | |  |  |  |  |  |  |  |  |
| $50,001-$100,000 | |  |  |  |  |  |  |  |  |
| >$100,000 | |  |  |  |  |  |  |  |  |
| Religious Affiliation | |  |  |  |  |  |  |  |  |
| Evangelical Protestant | |  |  |  |  |  |  |  |  |
| Mainline Protestant | |  |  |  |  |  |  |  |  |
| Black Protestant | |  |  |  |  |  |  |  |  |
| Catholic | |  |  |  |  |  |  |  |  |
| Jewish | |  |  |  |  |  |  |  |  |
| Buddhist | |  |  |  |  |  |  |  |  |
| Hindu | |  |  |  |  |  |  |  |  |
| Muslim | |  |  |  |  |  |  |  |  |
| Sikh | |  |  |  |  |  |  |  |  |
| Jain | |  |  |  |  |  |  |  |  |
| Other religion | |  |  |  |  |  |  |  |  |
| No preference | |  |  |  |  |  |  |  |  |
| Agnostic | |  |  |  |  |  |  |  |  |
| Atheist | |  |  |  |  |  |  |  |  |
| Traditional Nat Am Practice | |  |  |  |  |  |  |  |  |
| N | |  |  |  |  |  |  |  |  |
| ^Categorization is harmonized across cohorts. Slight variations occur. | | | | | |  |  |  |  |

|  |  |  |  |  |  |  |  |
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| Table 2. Religion and Spirituality Measures by Race/Ethnicity (NHS2, BWHS, MASALA, SHS) | | |  |  |  |  |  |
| Measures (%) | White | Black | South Asian | Native American | Latino/a | χ2/F | Range |
| Which is *closest* to your own definition of spirituality? |  |  |  |  |  |  |  |
| …the search for meaning and purpose in life |  |  |  |  |  |  |  |
| …about your personal relationship with God |  |  |  |  |  |  |  |
| …the search for enlightenment |  |  |  |  |  |  |  |
| ...a connection to life that goes beyond the physical world |  |  |  |  |  |  |  |
| ...embracing the traditions of my ancestors |  |  |  |  |  |  |  |
| …none of the above |  |  |  |  |  |  |  |
| Which is *closest* to your own definition of being religious |  |  |  |  |  |  |  |
| …identifying with beliefs/practices of right way to live |  |  |  |  |  |  |  |
| …strengthening faith through membership in faith community |  |  |  |  |  |  |  |
| …following formal teachings or doctrines |  |  |  |  |  |  |  |
| …about your personal relationship with God |  |  |  |  |  |  |  |
| …none of the above |  |  |  |  |  |  |  |
| Which statement best describes you? |  |  |  |  |  |  |  |
| …spiritual and religious |  |  |  |  |  |  |  |
| …spiritual but not religious |  |  |  |  |  |  |  |
| …religious but not spiritual |  |  |  |  |  |  |  |
| …neither religious nor spiritual |  |  |  |  |  |  |  |
| Religious attendance "once/week or more" |  |  |  |  |  |  |  |
| Considers self "very" religious or spiritual |  |  |  |  |  |  |  |
| Part of a religious congregation or community |  |  |  |  |  |  |  |
| Shown love by fellow congregants "very often"‡ |  |  |  |  |  |  |  |
| Religious community critical of you "very often" or "fairly often"‡ |  |  |  |  |  |  |  |
| Religious community offers social services‡ |  |  |  |  |  |  |  |
| Family has used social service offered by religious community‡ |  |  |  |  |  |  |  |
| Group prayer outside religious services "once/day or more" |  |  |  |  |  |  |  |
| Pray alone "once/day or more" |  |  |  |  |  |  |  |
| Pray for others when praying alone "once/day or more" |  |  |  |  |  |  |  |
| Read scriptures "once/day or more" |  |  |  |  |  |  |  |
| Meditate "once/day or more" |  |  |  |  |  |  |  |
| Practice yoga "once/day or more" |  |  |  |  |  |  |  |
| "Definitely" believe in life after death |  |  |  |  |  |  |  |
| "Definitely" believe that God exists |  |  |  |  |  |  |  |
| God "definitely" gives me the strength to do things I otherwise could not† |  |  |  |  |  |  |  |
| God's spirit "definitely" dwells in my body† |  |  |  |  |  |  |  |
| God "definitely" loves me unconditionally† |  |  |  |  |  |  |  |
| God has "definitely" come through for me† |  |  |  |  |  |  |  |
| My relationship with God "definitely" lies behind my whole approach to life† |  |  |  |  |  |  |  |
| Before I forgive others they must promise not to do it again, "Strongly agree" |  |  |  |  |  |  |  |
| Hard to forgive myself for some things I've done wrong, "Strongly agree" |  |  |  |  |  |  |  |
| I have forgiven those who have hurt me, "Strongly agree" |  |  |  |  |  |  |  |
| Others have not forgiven me for what I have done, "Strongly agree" |  |  |  |  |  |  |  |
| R or S is "very much" involved in dealing with stressful situations† |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | |
|  |  |  |  |  |  | Table 2 cont’d | |
| Measures (%) | White | Black | South Asian | Native American | Latino/a | χ2/F | Range |
| Positive religious coping scale† |  |  |  |  |  |  |  |
| Negative religious coping scale† |  |  |  |  |  |  |  |
| Religious and spiritual struggles scale† |  |  |  |  |  |  |  |
| Religious and spiritual hope scale† |  |  |  |  |  |  |  |
| Gratitude scale |  |  |  |  |  |  |  |
| Psychological well-being scale |  |  |  |  |  |  |  |
| Non-theistic daily spiritual experience scale |  |  |  |  |  |  |  |
| Theistic daily spiritual experience scale† |  |  |  |  |  |  |  |
| Full daily spiritual experience scale† |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| N |  |  |  |  |  |  |  |
| ‡ Congregational participants only |  |  |  |  |  |  |  |
| † Not asked of atheists |  |  |  |  |  |  |  |
| ^ 1=Not at all, 2=Somewhat, 3=Quite a bit, 4=A great deal |  |  |  |  |  |  |  |
| ! 1=Strongly disagree, 2=Disagree, 3=Neutral, 4=Agree, 5=Strongly agree |  |  |  |  |  |  |  |
| ¥ 1=Strongly disagree, 2=Disagree, 3=Agree, 4=Strongly Agree |  |  |  |  |  |  |  |
| € 1=Never, 2=Once in a while, 3=Some days, 4=Every day, 5=Many times a day |  |  |  |  |  |  |  |

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| Table 3. Religion and Spirituality Measures by Religious Affiliation (NHS2, BWHS, MASALA, SHS) | | | | | | | | | | | | | | | | |  |
| Measures (%) | Evan | Main Prot | Black Prot | Cath | Jew | Budd | Hind | Musl | Sikh | Jain | Trad Nat Amer | Other | None | Agno | Athe | χ2/F | Range |
| Which is *closest* to your own definition of spirituality? | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| …the search for meaning and purpose in life |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| …about your personal relationship with God |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| …the search for enlightenment |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ...a connection to life that goes beyond the physical world |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ...embracing the traditions of my ancestors |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| …none of the above |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Which is *closest* to your own definition of being religious? | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ­ |
| …identifying with beliefs/practices of right way to live |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| …strengthening faith thru membership in faith community |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| …following formal teachings or doctrines |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| …about your personal relationship with God |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| …none of the above |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Which statement best describes you? |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| …spiritual and religious |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| …spiritual but not religious |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| …religious but not spiritual |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| …neither religious nor spiritual |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Religious attendance "once/week or more" |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Considers self "very" religious or spiritual |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Part of a religious congregation or community |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Shown love by fellow congregants "very often"‡ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rel community critical of you "very often" or "fairly often"‡ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Religious community offers social services‡ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Family has used social service offered by religious community‡ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Group prayer outside religious services "once/day or more" |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pray alone "once/day or more" |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pray for others when praying alone "once/day or more" |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Read scriptures "once/day or more" |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Meditate "once/day or more" |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Practice yoga "once/day or more" |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| "Definitely" believe in life after death |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Table 3 cont’d | | |
| Measures (%) | Evan | Main Prot | Black Prot | Cath | Jew | Budd | Hind | Musl | Sikh | Jain | Trad  Nat Amer | Other | None | Agno | Athe | χ2/F | Range |
| "Definitely" believe that God exists |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| God "definitely" gives strength to do things I could not† |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| God's spirit "definitely" dwells in my body† |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| God "definitely" loves me unconditionally† |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| God has "definitely" come through for me† |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Relation with God "definitely" behind approach to life† |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Before I forgive, must promise not to repeat, "Str agree" |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hard to forgive self for things done wrong, "Str agree" |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| I have forgiven those who hurt me, "Strongly agree" |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Others have not forgiven me for what I've done, "Str agree" |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| R or S "very much" involved in dealing with stress† |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Positive religious coping scale† |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Negative religious coping scale† |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Religious and spiritual struggles scale† |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Religious and spiritual hope scale† |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gratitude scale |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Psychological well-being scale |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Non-theistic daily spiritual experience scale |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Theistic daily spiritual experience scale† |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Full daily spiritual experience scale† |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| N |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lo N indicated for cell count<20 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ‡ Congregational participants only | | | | | | | | | | | | | | | |  |  |
| † Not asked of atheists | | | | | | | | | | | | | | | |  |  |
| ^ 1=Not at all, 2=Somewhat, 3=Quite a bit, 4=A great deal | | | | | | | | | | | | | | | |  |  |
| ! 1=Strongly disagree, 2=Disagree, 3=Neutral, 4=Agree, 5=Strongly agree | | | | | | | | | | | | | | | |  |  |
| ¥ 1=Strongly disagree, 2=Disagree, 3=Agree, 4=Strongly Agree | | | | | | | | | | | | | | | |  |  |
| € 1=Never, 2=Once in a while, 3=Some days, 4=Every day, 5=Many times a day | | | | | | | | | | | | | | | |  |  |

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| Table 4. Religion and Spirituality Measures by Definition of "Spirituality" - Theists Only (NHS2, BWHS, MASALA, SHS) | | | | | | | | |
| Measures (%) | Search for Meaning | Personal Relationship | Search for Enlighten-ment | Connection to all of Life | Traditions of Ancestors | None of the Above | χ2/F | Range |
| Which statement best describes you? |  |  |  |  |  |  |  |  |
| …spiritual and religious |  |  |  |  |  |  |  |  |
| …spiritual but not religious |  |  |  |  |  |  |  |  |
| …religious but not spiritual |  |  |  |  |  |  |  |  |
| …neither religious nor spiritual |  |  |  |  |  |  |  |  |
| Religious attendance "once/week or more" |  |  |  |  |  |  |  |  |
| Considers self "very" religious or spiritual |  |  |  |  |  |  |  |  |
| Part of a religious congregation or community |  |  |  |  |  |  |  |  |
| Shown love by fellow congregants "very often"‡ |  |  |  |  |  |  |  |  |
| Relig community critical of you "very often" or "fairly often"‡ |  |  |  |  |  |  |  |  |
| Religious community offers social services‡ |  |  |  |  |  |  |  |  |
| Family has used social service offered by religious community‡ |  |  |  |  |  |  |  |  |
| Group prayer outside religious services "once/day or more" |  |  |  |  |  |  |  |  |
| Pray alone "once/day or more" |  |  |  |  |  |  |  |  |
| Pray for others when praying alone "once/day or more" |  |  |  |  |  |  |  |  |
| Read scriptures "once/day or more" |  |  |  |  |  |  |  |  |
| Meditate "once/day or more" |  |  |  |  |  |  |  |  |
| Practice yoga "once/day or more" |  |  |  |  |  |  |  |  |
| "Definitely" believe in life after death |  |  |  |  |  |  |  |  |
| "Definitely" believe that God exists |  |  |  |  |  |  |  |  |
| God "definitely" gives strength to do things I could not |  |  |  |  |  |  |  |  |
| God's spirit "definitely" dwells in my body |  |  |  |  |  |  |  |  |
| God "definitely" loves me unconditionally |  |  |  |  |  |  |  |  |
| God has "definitely" come through for me |  |  |  |  |  |  |  |  |
| Relation with God "definitely" behind approach to life |  |  |  |  |  |  |  |  |
| Before I forgive, must promise not to repeat, "Strongly agree" |  |  |  |  |  |  |  |  |
| Hard to forgive self for things done wrong, "Strongly agree" |  |  |  |  |  |  |  |  |
| I have forgiven those who hurt me, "Strongly agree" |  |  |  |  |  |  |  |  |
| Others have not forgiven me for what I've done, "Str agree" |  |  |  |  |  |  |  |  |
| R or S "very much" involved in dealing with stress |  |  |  |  |  |  |  |  |
| Positive religious coping scale |  |  |  |  |  |  |  |  |
| Negative religious coping scale |  |  |  |  |  |  |  |  |
| Religious and spiritual struggles scale |  |  |  |  |  |  |  |  |
| Religious and spiritual hope scale |  |  |  |  |  |  |  |  |
| Gratitude scale |  |  |  |  |  |  |  |  |
| Psychological well-being scale£ |  |  |  |  |  |  |  |  |
| Non-theistic daily spiritual experience scale£ |  |  |  |  |  |  |  |  |
| Theistic daily spiritual experience scale£ |  |  |  |  |  |  |  |  |
| Full daily spiritual experience scale£ |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| N |  |  |  |  |  |  |  |  |
| ‡ Congregational participants only | | | | | | | | |
| ^ 1=Not at all, 2=Somewhat, 3=Quite a bit, 4=A great deal | | | | | | | | |
| ! 1=Strongly disagree, 2=Disagree, 3=Neutral, 4=Agree, 5=Strongly agree | | | | | | | | |
| ¥ 1=Strongly disagree, 2=Disagree, 3=Agree, 4=Strongly Agree | | | | | | | | |
| € 1=Never, 2=Once in a while, 3=Some days, 4=Every day, 5=Many times a day | | | | | | | | |

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| Table 5. Religion and Spirituality Measures by Definition of Being "Religious" - Theists Only (NHS2, BWHS, MASALA, SHS) | | | | | | | |
| Measures | Practice of Right Way to Live | Membership in Faith Community | Following Formal Teachings | About Personal Relationship | None of the Above | χ2/F | Range |
| Which statement best describes you? |  |  |  |  |  |  |  |
| …spiritual and religious |  |  |  |  |  |  |  |
| …spiritual but not religious |  |  |  |  |  |  |  |
| …religious but not spiritual |  |  |  |  |  |  |  |
| …neither religious nor spiritual |  |  |  |  |  |  |  |
| Religious attendance "once/week or more" |  |  |  |  |  |  |  |
| Considers self "very" religious or spiritual |  |  |  |  |  |  |  |
| Part of a religious congregation or community |  |  |  |  |  |  |  |
| Shown love by fellow congregants "very often"‡ |  |  |  |  |  |  |  |
| Religious community critical of you "very often" or "fairly often"‡ |  |  |  |  |  |  |  |
| Religious community offers social services‡ |  |  |  |  |  |  |  |
| Family has used social service offered by religious community‡ |  |  |  |  |  |  |  |
| Group prayer outside religious services "once/day or more" |  |  |  |  |  |  |  |
| Pray alone "once/day or more" |  |  |  |  |  |  |  |
| Pray for others when praying alone "once/day or more" |  |  |  |  |  |  |  |
| Read scriptures "once/day or more" |  |  |  |  |  |  |  |
| Meditate "once/day or more" |  |  |  |  |  |  |  |
| Practice yoga "once/day or more" |  |  |  |  |  |  |  |
| "Definitely" believe in life after death |  |  |  |  |  |  |  |
| "Definitely" believe that God exists |  |  |  |  |  |  |  |
| God "definitely" gives strength to do things I could not |  |  |  |  |  |  |  |
| God's spirit "definitely" dwells in my body |  |  |  |  |  |  |  |
| God "definitely" loves me unconditionally |  |  |  |  |  |  |  |
| God has "definitely" come through for me |  |  |  |  |  |  |  |
| Relation with God "definitely" behind approach to life |  |  |  |  |  |  |  |
| Before I forgive, must promise not to repeat, "Strongly agree" |  |  |  |  |  |  |  |
| Hard to forgive self for things done wrong, "Strongly agree" |  |  |  |  |  |  |  |
| I have forgiven those who hurt me, "Strongly agree" |  |  |  |  |  |  |  |
| Others have not forgiven me for what I've done, "Str agree" |  |  |  |  |  |  |  |
| R or S "very much" involved in dealing with stress |  |  |  |  |  |  |  |
| Positive religious coping scale |  |  |  |  |  |  |  |
| Negative religious coping scale |  |  |  |  |  |  |  |
| Religious and spiritual struggles scale |  |  |  |  |  |  |  |
| Religious and spiritual hope scale |  |  |  |  |  |  |  |
| Gratitude scale |  |  |  |  |  |  |  |
| Psychological well-being scale£ |  |  |  |  |  |  |  |
| Non-theistic daily spiritual experience scale£ |  |  |  |  |  |  |  |
| Theistic daily spiritual experience scale£ |  |  |  |  |  |  |  |
| Full daily spiritual experience scale£ |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| N |  |  |  |  |  |  |  |
| ‡ Congregational participants only | | | | | | | |
| ^ 1=Not at all, 2=Somewhat, 3=Quite a bit, 4=A great deal | | | | | | | |
| ! 1=Strongly disagree, 2=Disagree, 3=Neutral, 4=Agree, 5=Strongly agree | | | | | | | |
| ¥ 1=Strongly disagree, 2=Disagree, 3=Agree, 4=Strongly Agree | | | | | | | |
| € 1=Never, 2=Once in a while, 3=Some days, 4=Every day, 5=Many times a day | | | | | | | |